

## Full Report (All Nutrients) 45163929, WEIS QUALITY, WALNUT PIECES, UPC: 041497132676

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**Report Date: July 02, 2017 10:19 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	1 ONZ 28g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	190	679
Protein	g	--	--	5.00	17.86
Total lipid (fat)	g	--	--	19.00	67.86
Carbohydrate, by difference	g	--	--	3.00	10.71
Fiber, total dietary	g	--	--	3.0	10.7
Sugars, total	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	20	71
Iron, Fe	mg	--	--	1.08	3.86
Sodium, Na	mg	--	--	0	0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	1.000	3.570
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

### Amino Acids

### Other

### Ingredients

RAW NATURAL WALNUTS. *Date Available:* 09/28/2016 *Date Last Updated by Company:* 09/28/2016